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<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td></td>
<td>Aqua Yoga 8:00-8:45 am Georigie</td>
<td>Aqua Yoga 8:00-8:45 am Georgie</td>
<td>Aqua Yoga 8:00-8:45 am Barb</td>
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<td>Aquacise</td>
<td>9:00-9:45 am Maureen</td>
<td>Aquacise 9:00-9:45 am Barb</td>
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<td>Aquacise 9:00-9:45 am Maureen</td>
<td>Aqua Fit 9:00-9:45 am Bobbie</td>
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<td>Aqua Tone</td>
<td>9:00-9:45 am Donna</td>
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<td>Aqua Tone 9:00-9:45 am Donna</td>
<td>Aqua Blast 10:00-10:45am Debbie</td>
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<td>Aqua Fit</td>
<td>10:00-10:45 am Donna</td>
<td>Aqua Fit 10:00-10:45 am Donna</td>
<td>Aqua Fit 10:00-10:45 am Sheila</td>
<td>Aqua Fit 10:00-10:45 am Sheila</td>
<td>Aqua Fit 10:00-10:45 am Sheila</td>
<td>Aqua Blast 10:00-10:45am Debbie</td>
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<td>Aqua Blast</td>
<td>6:00-6:45 pm Desi</td>
<td>Aqua Fit 6:00-6:45 pm Debbie</td>
<td>Aqua Blast 5:30-6:15 pm Varies</td>
<td>Aqua Fit 6:00-6:45 pm Debbie</td>
<td>Aqua Fit 10:00-10:45 am Sheila</td>
<td>Aqua Fit 9:00-9:45 am Barb</td>
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**Water Fitness Class Fees**

- **Drop In per class:**
  - $8.00 Adult
  - $5.00 Senior

- **15-Visit Punch Card:**
  - (1 punch per class)
  - $80.00 Adult
  - $55.00 Senior

- **Monthly Unlimited Pass:**
  - $60.00 Adult
  - $45.00 Senior

*This pass is only for classes, not for general swim.*

**Important Information:** Participants can come in 30 minutes before class. Participants who wish to come in earlier must pay the general admission fee or punch card twice. There is a required minimum of 5 students to conduct a class.

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**Check the fitness level!**

- **Low = 😊**
- **Medium = ++) High= ++)++)

**Aqua Yoga** 😊 Low-impact beginner in-water yoga with rhythmic breathing to increase static balance, strength, and increase flexibility. (85 degrees)

**Aquacise** 😊 Water exercise program conducted in warm water to improve flexibility, mobility, range of motion, and boost stamina. (85 degrees)

**Aqua Tone** 😊 Low intensity class designed to use water resistance to increase endurance, flexibility, and tone muscles. This class is beneficial for beginners and those returning to exercise after a long period of inactivity.

**Aqua Fit** ++) to ++)++) Medium to high intensity shallow water exercises using water and equipment for resistance to increase cardiovascular endurance and tone muscles.

**Aqua Blast** ++) to ++)++) Try this challenging and fun medium to high-intensity water workout. This class includes explosive cardiovascular conditioning, upper and lower body toning along with some soothing stretches. Similar to our traditional water fitness classes, but ramped up a bit.